

Long-Term Effect of Motivational Interviewing on Dietary Intake and Weight Loss in Iranian Obese/Overweight Women

Mohsen Saffari¹, *Amir H Pakpour^{2,3}, Isa Mohammadi-Zeidi³, Mohammad Samadi⁴,
Hui Chen⁵

¹ Health Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran

² Social Determinants of Health Research Center, Qazvin University of Medical Sciences, Qazvin, Iran

³ Department of Public Health, Qazvin University of medical sciences, Qazvin, Iran

⁴ Sport Physiology Research Center, Baqiyatallah University of Medical Sciences, Tehran, Iran

⁵ School of Medical and Molecular Biosciences, University of Technology, Sydney, Australia

ARTICLE INFO	ABSTRACT
Article type: Original Article	Background: This study aimed to determine whether motivational interviewing (MI) could change dietary habit and body mass index (BMI) in obese/overweight women.
Article history: Received: May 25 2014 Accepted: Aug 20 2014 e-published: Dec 30 2014	Methods: A cluster-randomized controlled study was performed in four health centers in Qazvin, central Iran. In total, 327 obese/overweight women were selected by a multi-stage sampling method and randomly assigned into control and experimental groups. Food frequency (using questionnaire; FFQ), BMI, and metabolic markers including blood pressure, total serum cholesterol and fasting blood glucose levels were measured in all participants. Data were collected twice (before and one year after the MI interventions). Data were analyzed using student t-test, and Stepwise Linear Regression.
Keywords: Motivational interviewing, Obesity, BMI, Dietary intake, Women	Results: There was a significant increase in daily consumption of dietary fiber, whole grain products, fruits and vegetables in the MI group ($P<0.05$). The consumption of meat product, total fat, saturated fat, carbohydrate and total energy intake were also significantly reduced after MI intervention ($P<0.05$). As a result, body weight and BMI were significantly reduced in the intervention group compared to the control group ($P<0.05$).
*Corresponding Author: Amir H Pakpour Tel: +98 281 3338127; e-mail: pakpour_amir@yahoo.com	Conclusion: MI is suggested to be an effective strategy to change life style and reduce BMI in overweight/obese women in the long term. This effect needs to be further investigated in different gender and age populations.

Citation: Saffari M, Pakpour AH, Mohammadi-Zeidi I, Samadi M, Chen H. Long-Term Effect of Motivational Interviewing on Dietary Intake and Weight Loss in Iranian Obese/Overweight Women. Health Promot Perspect 2014; 4(2):206-213